

ABSTRACT

The present invention relates to an aqueous alkaline solution for mineral supplementation comprising bovine bones, cuttlefish bones, red algae and an organic acid. Also, the
5 invention relates to a method for preparing the aqueous alkaline solution, and a composition or health food containing the aqueous alkaline solution, which is effective in the prevention and improvement in osteoporosis. The aqueous alkaline solution contains various minerals necessary for the human body at large
10 amounts, and thus, can be used as a mineral supplement. Also, the composition prevents bone absorption and bone mineral absorption, and thus, is useful for the prevention and improvement of bone diseases, such as osteoporosis and degenerative bone diseases.

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